

## April – A Month of Awareness

April is overflowing with observances and celebrations. Easter is the one that readily comes to mind; however, there are others. April is also the Month of the Military Child, Child Abuse Prevention Month, Sexual Assault Awareness Month, and Cancer Control Month. April is not limited to just monthly observances; National Volunteer Week is in April, along with Earth Day and Administrative Professionals Day. There are calendars replete with things that occur during each day of April.

For all April occurrences see; [www.madmike.com](http://www.madmike.com) and [www.spreadfreedom.org](http://www.spreadfreedom.org) .

### **Month of the Military Child**

Military children are unique, usually well traveled, often well adjusted, adaptable to change, and are generally well socialized. These are broad generalizations and assumptions about military children, and do not apply to all military children.

People usually have one of two thoughts about military children; they are either brave troopers or pitiful uprooted little souls. They follow their military parent/parents from duty station to duty station, changing schools, friends, and familiarity as they go.

With the Global War on Terrorism, it is not unusual for the military child to experience the emotional roller coaster ride that occurs when a parent is deployed. In addition to having unique opportunities and experiences, the military child also faces unique challenges.

Installation and community activities celebrating the military child will be plentiful during April. As parents, let's get in an extra hug, reserve some special time for each child, catch them doing something right and praise them.

### **Child Abuse Prevention Month**

Child Abuse Prevention Month serves to remind us that children continue to suffer. Child abuse has a negative impact on the child, the family, and society.

Child abuse is defined as “any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents imminent risk or serious harm”.

The most common form of child abuse is neglect. Neglect is the failure to provide for the child’s basic needs. Neglect can be physical, educational, and/or psychological.

It is well documented that maltreated children have physical, emotional, social, psychological, and educational difficulties. National Child Abuse Prevention Month focuses on prevention and intervention.

There are many resources available for children and families. The very best way to prevent child abuse is education. Participate in local child abuse prevention activities to help raise awareness on this critical issue in our neighborhoods and country.

Military One Source, the Family Advocacy Program Manager at your servicing installation, or the USMEPCOM Social Work Prevention Specialist can provide information and education about child abuse and neglect.

## **Month of the Military Child**

**And**

## **Child Abuse Prevention Month**

### **Calendar of Activities**

Everyone can do small things every day that help children have healthy, safe lives. April is both, Month of the Military Child and Child Abuse Prevention Month. The calendar below suggests an activity you can do each day of the month to show a child how much you care. Every activity is not necessarily developmentally appropriate to every child. So, be creative!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  Compliment a child’s

						accomplishment.
2 Read a book with a child.	3 Fly a kite together.	4 Involve a child in preparing a special meal.	5 Catch your child doing something good.	6 Remind your child that your love is not dependent on schoolwork.	7 Leave a love note in your child's lunch bag.	8 Ask your child's opinion on an issue that affects the family.
9 Go to a playground or a park together.	10 Coordinate a scavenger hunt around your house.	11 Tell a child about something funny that happened to you when you were a child.	12 Take flowers home to your spouse with a note on why you value your marriage.	13 Bake and decorate a cake or make cookies together.	14 Work on an art project together.	15 Talk with a child about what to do in an emergency.
16 Look for figures in the clouds.	17 Give a new responsibility- and a new-privilege to your child.	18 Practice crossing the street safely.	19 Visit neighbors together, particularly if they have children.	20 Donate old clothes, toys, or household items to charity together.	21 Watch a video/DVD together.	22 Help a child write a letter to his or her grandmother, favorite TV star, or the president.
23 Have a picnic in the house, yard, or the park.	24 Choose something to count (trucks, dogs). Take a walk and keep track of how many you see.	25 Plan an outing to a free outdoor concert or an exhibit.	26 Give your child a hug.	27 Plant a flower or some herbs together.	28 Go to a ball game together.	29 Do a puzzle together.
30 Tell your child that you love him or her.						

## National Volunteer Week April 23-29

National Volunteer Week is the time to show and thank our volunteers for their work and sacrifice. Volunteers are a very valued asset to our Readiness Support Groups. Anyone who volunteers is to be commended; they serve unselfishly and inspire others to serve.

National Volunteer Week began in 1974 when President Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since that each United States President has signed a proclamation promoting National Volunteer Week.

Take time and thank each volunteer that you see and consider volunteering for your favorite charity or your Readiness Support Group. It only takes one person to implement change, progress, and success; be that person – Volunteer!

For additional information, log onto: [www.pointsoflight.org](http://www.pointsoflight.org) .

### **Federal and State Tax Submission**

Many people are not aware that the United States of America did not have a permanent income tax until the 16<sup>th</sup> Amendment to the Constitution was enacted in 1913. Taxes are definitely a way of life and can not be ignored. Early preparation and submission is the key. Do not wait until the last minute!

TurboTax is an excellent resource for tax tips and preparation. TurboTax is now offered through Military OneSource at no cost to military members. Civilians can access TurboTax by logging onto [www.turbotax.com](http://www.turbotax.com), service members who desire to utilize the free tax service from TurboTax through Military OneSource can gain access by going to [www.militaryonesource.com](http://www.militaryonesource.com) .